



HEART HEALTHY RECIPES





BREAKFASTS





Banana Chocolate Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Oats
- 1 tbsp Cocoa Powder
- 1 Banana (frozen)
- 2 tbsps Pitted Dates

Nutrition

Amount per serving	
Calories	487
Fat	20g
Carbs	68g
Fiber	14g
Sugar	28g
Protein	20g
Cholesterol	8mg
Sodium	202mg
Vitamin A	891IU
Vitamin C	14mg
Calcium	697mg
Iron	5mg

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

- Pitted Dates:** One serving is equal to approximately two to three dates.
- Gluten-Free:** Use Gluten-Free oats.
- Dairy-Free:** Use coconut yogurt instead.
- Nut-Free:** Use coconut or oat milk instead of almond milk.
- More Flavor:** Add a pinch of cinnamon.
- Make it Vegan:** Use a vegan yogurt.



Spiced Apple Oatmeal

2 servings

15 minutes

Ingredients

2 tbsps Coconut Oil
2 Apple (cored, chopped)
1/2 tsp Vanilla Extract
2 tbsps Maple Syrup (divided)
1 tsp Cinnamon (divided)
1/2 tsp Nutmeg (divided)
1 1/2 cups Unsweetened Almond Milk
1 cup Oats

Nutrition

Amount per serving	
Calories	452
Fat	19g
Carbs	68g
Fiber	10g
Sugar	32g
Protein	7g
Cholesterol	0mg
Sodium	128mg
Vitamin A	477IU
Vitamin C	8mg
Calcium	405mg
Iron	2mg

Directions

- 1 Add the coconut oil, apples, vanilla, maple syrup, cinnamon, and nutmeg to a saucepan over medium heat. Cook the apples for four to five minutes or until they have softened, stirring continuously so they don't stick.
- 2 Add the milk and oats. Stir to combine. Lower the heat and cook for five to seven minutes or until the oats thicken, stirring as needed.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size: One serving is equal to approximately one cup.

No Almond Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Hemp seeds, chia seeds, nut butter, coconut butter, and/or sea salt.



Black Bean & Spinach Egg Muffins

6 servings

30 minutes

Ingredients

- 3 Egg
- 2/3 cup Black Beans
- 1/4 cup Frozen Spinach (thawed, drained)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	63
Fat	3g
Carbs	5g
Fiber	2g
Sugar	0g
Protein	5g
Cholesterol	93mg
Sodium	41mg
Vitamin A	898IU
Vitamin C	0mg
Calcium	28mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 2 In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
- 3 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is one egg muffin.

More Flavor: Add cheese, oregano, bell pepper, cilantro, and/or corn.

Freezer Meal: After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.



Strawberry Banana Chia Pudding

2 servings

3 hours

Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 1/2 cup Strawberries (chopped)
- 1/2 Banana (sliced)

Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	24g
Fiber	10g
Sugar	9g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	273IU
Vitamin C	24mg
Calcium	443mg
Iron	2mg

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Sunflower & Blueberry Overnight Oats

3 servings

8 hours

Ingredients

- 1/3 cup Sunflower Seed Butter (divided)
- 1 1/2 tbsps Maple Syrup
- 1 1/4 cups Oat Milk
- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 1/2 cups Frozen Blueberries

Nutrition

Amount per serving	
Calories	431
Fat	22g
Carbs	51g
Fiber	10g
Sugar	19g
Protein	11g
Cholesterol	0mg
Sodium	48mg
Vitamin A	50IU
Vitamin C	3mg
Calcium	246mg
Iron	3mg

Directions

- 1 In a medium-sized bowl, combine half the sunflower seed butter with the maple syrup and oat milk and whisk well. Stir in the oats, chia seeds, and blueberries. Cover and let sit for at least three hours or overnight.
- 2 When ready to eat, divide into bowls or jars and top with remaining sunflower seed butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is about 1 1/4 cups.

More Flavor: Add a pinch of cinnamon.

No Oat Milk: Use another type of milk such as coconut.



Black Bean Brownies

9 servings

40 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	276
Fat	15g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	9g
Cholesterol	62mg
Sodium	120mg
Vitamin A	97IU
Vitamin C	0mg
Calcium	62mg
Iron	4mg

Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients: Omit the dark chocolate and almonds if desired.

Leftovers: These brownies keep well in the fridge up to 4 days. Freeze for longer.



No-Bake Hazelnut Date Brownies

8 servings

1 hour

Ingredients

- 1 1/2 cups Pitted Dates
- 3/4 cup Unsweetened Shredded Coconut
- 1/4 cup Hemp Seeds
- 1 tbsp Chia Seeds
- 1/3 cup Coconut Oil (divided)
- 2/3 cup Cacao Powder (divided)
- 1/4 cup Maple Syrup (divided)
- 3 tbsps Hazelnuts (roasted, crushed)
- 2 tbsps Cacao Nibs
- 2 tbsps Goji Berries

Nutrition

Amount per serving	
Calories	352
Fat	22g
Carbs	36g
Fiber	8g
Sugar	25g
Protein	5g
Cholesterol	0mg
Sodium	10mg
Vitamin A	379IU
Vitamin C	1mg
Calcium	55mg
Iron	2mg

Directions

- 1 Add the dates, coconut, hemp seeds, and chia seeds to the bowl of a food processor. Add 1/3 of the coconut oil, 3/4 of the cacao powder, and 1/2 of the maple syrup. Process until a sticky dough is formed, about five minutes.
- 2 Line a loaf pan with parchment paper. Scoop the brownie dough into the pan and flatten with your hands or a spatula, until evenly spread. Transfer to the freezer to set for 15 minutes.
- 3 Meanwhile, in a small saucepan, combine the remaining coconut oil, cacao powder, and maple syrup. Heat on the stove over low until the coconut oil has melted. Whisk to combine and remove from the heat. Allow to cool for 10 minutes.
- 4 Pour the melted chocolate over top of the cold brownies. Sprinkle on the crushed hazelnuts, cacao nibs, and goji berries. Transfer to the fridge to set for 10 minutes. Slice, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size: A 5 x 9-inch loaf pan was used to make eight servings. One serving is equal to one brownie.

More Flavor: Add peppermint or orange extract.



LUNCH & DINNER



One Pan Tomato & Olive Salmon

4 servings

35 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (cloves, large, minced)
- 1 Green Bell Pepper (chopped)
- 1 cup Black Olives
- 3 cups Diced Tomatoes (from the can, with juices)
- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach (packed)
- 1 cup Basil Leaves (packed)

Nutrition

Amount per serving	
Calories	359
Fat	20g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	31g
Cholesterol	78mg
Sodium	354mg
Vitamin A	2993IU
Vitamin C	49mg
Calcium	123mg
Iron	6mg

Directions

- 1 Warm the oil in a large pot over medium heat. Add the onion and stir for two to three minutes, until fragrant. Add the garlic and cook for another minute.
- 2 Add the bell peppers and cook for five minutes, then add the black olives and diced tomatoes. Stir to combine.
- 3 Add the salmon fillets and season with salt and pepper. Cover with a lid and simmer for 15 to 20 minutes, or until the salmon is cooked to your liking.
- 4 Add the spinach and basil leaves and simmer for another minute, until wilted. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one salmon fillet and one cup of tomato mixture.

Make it Vegan: Use tofu in place of salmon.

More Flavor: Add a Mediterranean spice mix.

Serve it With: Rice, quinoa, cauliflower rice, or potatoes.



Almond, Broccoli & Cabbage Salad

4 servings

15 minutes

Ingredients

- 2 cups Broccoli (cut into florets)
- 1 cup Purple Cabbage (thinly sliced)
- 1/4 cup Raisins
- 1/4 cup Slivered Almonds
- 1/4 cup Shallot (chopped, divided)
- 1/3 cup Orange Juice
- 1 tbsp Miso Paste
- 1 tbsp Almond Butter
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	185
Fat	11g
Carbs	20g
Fiber	4g
Sugar	12g
Protein	6g
Cholesterol	0mg
Sodium	233mg
Vitamin A	574IU
Vitamin C	65mg
Calcium	80mg
Iron	1mg

Directions

- 1 Add the broccoli, cabbage, raisins, almonds, and half of the shallots together in a bowl.
- 2 In a separate bowl or cup, with an immersion blender, blend the orange juice, miso, almond butter, remaining shallots, and oil until smooth. You can also use a mini food processor or small blender.
- 3 Pour the dressing over the vegetables and toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups of salad.

Additional Toppings: Cilantro, parsley, and/or chives.



Mango Salsa Shrimp Lettuce Wraps

2 servings

20 minutes

Ingredients

- 1 Mango (diced)
- 1 Avocado (diced)
- 1/3 cup Red Onion (diced)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Mint Leaves (finely chopped)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 8 ozs Shrimp (peeled, deveined, tails removed)
- 1 head Boston Lettuce (leaves pulled apart)

Nutrition

Amount per serving	
Calories	438
Fat	23g
Carbs	38g
Fiber	10g
Sugar	25g
Protein	27g
Cholesterol	183mg
Sodium	737mg
Vitamin A	2269IU
Vitamin C	81mg
Calcium	119mg
Iron	2mg

Directions

- 1 In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice, and half of the salt.
- 2 Warm the oil in a pan over medium heat and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
- 3 To assemble, add the salsa and shrimp to the lettuce leaves. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two wraps.

More Flavor: Add minced garlic, shredded cabbage, sriracha, and/or cheese.



Glazed Salmon with Broccolini

2 servings

20 minutes

Ingredients

12 ozs Salmon Fillet (skin on)
1/8 tsp Sea Salt
1 1/2 tbsps Coconut Aminos
1 Garlic (clove, minced)
1/2 tsp Ginger (minced)
1 tsp Raw Honey
1 tbsp Avocado Oil
2 bunches Broccolini (trimmed)

Nutrition

Amount per serving	
Calories	436
Fat	20g
Carbs	19g
Fiber	12g
Sugar	8g
Protein	51g
Cholesterol	94mg
Sodium	670mg
Vitamin A	19877IU
Vitamin C	162mg
Calcium	539mg
Iron	7mg

Directions

- 1 Pat the salmon dry with paper towel and season with salt.
- 2 In a small bowl, whisk together the coconut aminos, garlic, ginger, and honey.
- 3 Heat a large pan over medium heat. Once hot, add the oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Brush the salmon with 1/4 of the sauce and then flip and cook for one minute, until the flesh is opaque throughout. Remove and set aside.
- 4 Deglaze the pan with a splash of water if needed to remove any browned bits. Add the broccolini and cook, stirring occasionally, until tender and bright green, about four minutes. Lower the heat and add the remaining sauce. Cook for 30 seconds or until the sauce has thickened and then remove from the heat.
- 5 Divide the salmon and broccolini evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Broccolini: Use broccoli or bell peppers instead.

More Flavor: Add chili flakes or sriracha to the sauce.

Additional Toppings: Top with sesame seeds and/or green onion.



Roasted Chickpeas, Cauliflower & Brussels Sprouts

4 servings

40 minutes

Ingredients

- 1 1/2 cups Chickpeas
- 1/2 cup Dried Unsweetened Cranberries
- 2 cups Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (medium, cut into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	247
Fat	9g
Carbs	36g
Fiber	9g
Sugar	15g
Protein	8g
Cholesterol	0mg
Sodium	38mg
Vitamin A	360IU
Vitamin C	77mg
Calcium	68mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
- 3 Top the cooked mixture with lemon juice and dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Chopped walnuts and/or sunflower seeds.



Slow Cooker Black Bean Soup

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 stalks Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 6 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 2 cups Water
- 2 Lime (juiced)

Nutrition

Amount per serving	
Calories	318
Fat	6g
Carbs	51g
Fiber	17g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	45mg
Vitamin A	2352IU
Vitamin C	19mg
Calcium	108mg
Iron	6mg

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- ⋮
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Blackened Fish Taco Bowls

4 servings

30 minutes

Ingredients

- 1 head Cauliflower
- 1/2 Avocado (pit removed and peeled)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 cup Water
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Tilapia Fillet
- 1/4 cup Red Onion (finely diced)
- 1/2 Green Bell Pepper (finely diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	36g
Fiber	14g
Sugar	5g
Protein	24g
Cholesterol	29mg
Sodium	434mg
Vitamin A	1095IU
Vitamin C	94mg

Directions

- 1 To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- 2 Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
- 3 Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- 4 Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- 5 Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

Notes

Work Ahead: Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!.

More Carbs: Serve on brown rice instead of cauliflower rice.

More Protein: Serve on quinoa instead of cauliflower rice.

No Tilapia: Use any fish fillet of your choice

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.



Baked Salmon with Pomegranate Salsa

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Honey
- Sea Salt & Black Pepper (to taste)
- 12 ozs Salmon Fillet
- 1/2 cup Pomegranate Seeds
- 1/3 Avocado (medium, chopped)
- 1 tbsp Cilantro (chopped)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	373
Fat	19g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	35g
Cholesterol	94mg
Sodium	78mg
Vitamin A	156IU
Vitamin C	11mg
Calcium	31mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the oil, honey, salt, and pepper. Brush the mixture onto the salmon.
- 3 Add the salmon to the baking sheet and bake for 10 to 12 minutes, or until the salmon flakes apart with a fork.
- 4 Meanwhile, in a small bowl mix together the pomegranate seeds, avocado, cilantro, and lime juice. Season with salt and pepper.
- 5 Spoon the pomegranate salsa on top of the fish and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Salsa is best enjoyed day of.

Serving Size: One serving is equal to approximately 1/3 cup of salsa with salmon.

Make it Spicy: Add jalapeño to the salsa.

No Cilantro: Omit or use parsley or dill instead.

Calcium	97mg
Iron	5mg



Black Bean & Avocado Salad

4 servings

15 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 1 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1 Avocado (diced)
- 1/4 cup Lime Juice
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	8g
Carbs	29g
Fiber	12g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	85mg
Vitamin A	1069IU
Vitamin C	48mg
Calcium	38mg
Iron	2mg

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cilantro, tomato, corn or hot sauce.

No Black Beans: Use cooked lentils or chickpeas instead.



Roasted Cauliflower Burrito Bowl

4 servings

35 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

Nutrition

Amount per serving	
Calories	208
Fat	8g
Carbs	28g
Fiber	12g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	217mg
Vitamin A	630IU
Vitamin C	77mg
Calcium	67mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

More Flavor: Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

Additional Toppings: Serve with corn tortilla chips.



Southwest Stuffed Peppers

4 servings

1 hour 5 minutes

Ingredients

- 1/3 cup Water
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (medium, chopped)
- 1 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Taco Seasoning
- 1/2 cup Black Beans (cooked, rinsed)
- 1/2 cup Frozen Corn (thawed)
- 1 cup Salsa
- 4 Yellow Bell Pepper (tops, seeds & ribs removed)
- 3/4 cup Brown Rice

Nutrition

Amount per serving	
Calories	435
Fat	11g
Carbs	57g
Fiber	8g
Sugar	6g
Protein	30g
Cholesterol	84mg
Sodium	930mg
Vitamin A	835IU
Vitamin C	348mg
Calcium	98mg
Iron	5mg

Directions

- 1 Preheat the oven to 350°F (176°C) and add the water to a baking dish just large enough to fit the peppers.
- 2 Heat a pan over medium-high heat. Brown the turkey in the pan, breaking it up as it cooks, about five minutes. Add the onion and jalapeno and cook for three to five minutes more or until the onion begins to soften. Add the garlic and taco seasoning and cook for another minute. Add the black beans, corn, and salsa to the pan and stir to combine.
- 3 Stuff the peppers with the turkey filling. Place the peppers so that they are standing upright in the prepared baking dish. (Note: use balled-up aluminum foil to support them if needed). Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 4 Meanwhile, cook the rice according to package directions. To serve, divide the peppers and rice between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one pepper.

Additional Toppings: Cilantro, avocado, green onion, diced tomatoes, hot sauce, sour cream, shredded cheese, or extra salsa.

No Yellow Peppers: Use red, orange, or green peppers instead.

No Turkey: Use chicken or beef instead.



Plantain Tacos

4 servings

15 minutes

Ingredients

- 2 Plantain (large, ripe, sliced)
- 1 tbsp Coconut Oil
- 1 1/2 tsps Cumin (ground, divided)
- 1/2 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 cup Black Beans (from the can, drained)
- 8 Corn Tortilla (warmed)
- 1 Avocado (large, sliced)
- 1 cup Red Onion (diced)

Nutrition

Amount per serving	
Calories	492
Fat	13g
Carbs	90g
Fiber	12g
Sugar	26g
Protein	9g
Cholesterol	0mg
Sodium	12mg
Vitamin A	1609IU
Vitamin C	33mg
Calcium	241mg
Iron	3mg

Directions

- 1 Using a fork, gently smash the plantain slices.
- 2 Heat the oil in a non-stick pan over medium heat. Add the plantains, cooking two to three minutes per side or until browned, adding more oil as needed. Toss with 2/3 of the cumin and cinnamon. Season generously with salt and pepper. Set aside.
- 3 In a bowl, toss the black beans with the remaining cumin, salt, and pepper.
- 4 Fill each tortilla with the plantain and black beans. Top with avocado and red onions. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size: One serving is equal to two filled tacos.

More Flavor: Add coconut sugar, cayenne, or chili powder to the plantain spice mix.

Additional Toppings: Top with jalapeño, cilantro, lime juice, cheese, or salsa.



Mango & Black Bean Quinoa Salad

4 servings
23 minutes

Ingredients

1/2 cup Quinoa (uncooked)
2 cups Black Beans (cooked)
1/2 cup Red Onion (diced)
1 Mango (peeled, diced)
2 cups Baby Spinach (chopped)
1/4 cup Cilantro (chopped)
2 tbsps Lime Juice
1 tbsp Extra Virgin Olive Oil
1/4 tsp Cumin
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is equal to approximately one cup.

Nutrition

Amount per serving	
Calories	286
Fat	6g
Carbs	50g
Fiber	11g
Sugar	13g
Protein	12g
Cholesterol	0mg
Sodium	16mg
Vitamin A	2397IU
Vitamin C	39mg
Calcium	65mg
Iron	3mg



Black Bean, Tofu & Cilantro Lime Salad

3 servings

25 minutes

Ingredients

- 1/4 cup Millet (dry)
- 1 lb Tofu (firm)
- 1 tbsp Avocado Oil
- 1/4 cup Water
- 2 tsps Taco Seasoning
- 4 cups Mixed Greens
- 2 cups Microgreens
- 1/2 cup Black Beans (cooked and rinsed)
- 1/4 cup Cilantro Lime Dressing

Nutrition

Amount per serving	
Calories	423
Fat	27g
Carbs	28g
Fiber	8g
Sugar	3g
Protein	22g
Cholesterol	0mg
Sodium	393mg
Vitamin A	2IU
Vitamin C	19mg
Calcium	485mg
Iron	6mg

Directions

- 1 Cook the millet according to package instructions. Set aside.
- 2 Press the tofu with paper towels to remove excess moisture.
- 3 Heat the oil in a skillet over medium-high heat. Add the tofu, breaking it up as it cooks, stirring frequently, for four to six minutes or until golden. Add the water and the taco seasoning and continue cooking for two minutes. Set aside to cool.
- 4 Divide the greens, microgreens, beans, cooked millet, and tofu evenly between bowls and top with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Cook the millet in broth instead of water. Serve with tortilla chips.

Additional Toppings: Salsa, avocado, cilantro, green onions, seeds, roasted nuts and/or a dressing of your choice.



Lentil Masala Soup

4 servings

30 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



Pressure Cooker Red Lentil & Vegetable Soup

6 servings

20 minutes

Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

Nutrition

Amount per serving	
Calories	163
Fat	1g
Carbs	30g
Fiber	7g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	765mg
Vitamin A	3258IU
Vitamin C	28mg
Calcium	60mg
Iron	4mg

Directions

- 1 Add all ingredients except for the lemon juice to the pot of your pressure cooker.
- 2 Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

Additional Toppings: Serve with additional lemon wedges and fresh parsley.

Consistency: If the soup is too thick, thin with additional broth until desired consistency is reached.

More Veggies: Add bell pepper and/or tomato.



Penne with Red Lentil Bolognese Sauce

3 servings

40 minutes

Ingredients

- 1/4 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Water
- 3/4 tsp Oregano
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Tomato Paste
- 1 1/2 cups Vegetable Broth
- 1/2 cup Tomato Sauce
- 1 tbsp Balsamic Vinegar (divided)
- 2 1/2 cups Brown Rice Penne
- 1 tbsp Nutritional Yeast (optional)

Nutrition

Amount per serving	
Calories	520
Fat	4g
Carbs	102g
Fiber	12g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	542mg
Vitamin A	558IU
Vitamin C	5mg
Calcium	33mg
Iron	5mg

Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings: Top with extra red pepper flakes or fresh oregano.

No Penne: Use your favorite noodles or spiralized vegetables instead.



Blended Red Lentil Soup

4 servings

40 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (medium, chopped)
- 2 Carrot (chopped)
- 3 Garlic (cloves, chopped)
- 1 tbsp Tomato Paste
- 1 1/2 tsps Moroccan Spice Blend
- 4 cups Vegetable Broth, Low Sodium
- 3/4 cup Dry Red Lentils (rinsed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	213
Fat	4g
Carbs	35g
Fiber	7g
Sugar	7g
Protein	11g
Cholesterol	0mg
Sodium	225mg
Vitamin A	5157IU
Vitamin C	6mg
Calcium	34mg
Iron	6mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and carrot and sauté for eight to ten minutes, or until softened. Add the garlic and cook for 30 seconds.
- 2 Add the tomato paste and Moroccan spice blend and cook for one minute, stirring often. Deglaze with a splash of the vegetable broth and scrape the bottom of the pot with a wooden spoon.
- 3 Add the remaining broth, lentils, and season with salt and pepper. Bring to a boil and then reduce the heat. Cover and simmer for 20 to 25 minutes until everything is softened and cooked through.
- 4 Remove from the heat and blend with an immersion blender until smooth. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add chili flakes.

Additional Toppings: Top with chopped parsley or swirl in coconut milk.